

# THE WARBLER

## AN EDUCATIONAL WEEKLY

ISSUE

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MAY 4, 2022

### Dear Student, Artist, Thinker,

If you stop to consider the ways by which you **communicate** with others, you will probably surprise yourself with how many ideas come to mind. In recent memory, what are some of the moments where you've communicated with someone else? The head nod to a friend, the laughter in response to a joke, the angry turn of a chin, the voice filled with excitement as you explain to a friend a recent accomplishment. We engage with our families, friends, partners, and even strangers, in a vast number of ways in order to show them what we are thinking or feeling. These methods of communication not only come in many shapes and forms, but are used in different ways between different people and different cultures.

We often take our words, and the other ways we communicate, for granted. Many words spill from our mouths every day, as we tell stories, share secrets, and create laughter. These ways in which we communicate are part of what makes us human. We can draw pictures, plant gardens, cause destruction, all with our voices and our body language. We can explain to others what it is like to be us, and others can tell us what it is like to be them. Today, we hope you take a moment to reflect on the wonder of your ability to communicate with others around you. How wonderful it is that you can express anger, sadness, joy, and share these feelings with someone near you.

Our many means of communication demonstrate how as humans, we yearn to be understood. In learning more about the art of communication, we hope that you remember that just as we want others to understand us, others want us to understand them. By approaching communication in the day-to-day of our lives with an open heart and an open mind, we can foster more fruitful relationships with others.

Sincerely,

*Brianna, Emily, and Parsons* | Graduate students at Auburn University

“To communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others.”

EDMUND BURKE // Irish statesman and philosopher

### WORDS INSIDE

FOUND INSIDE “HOW LANGUAGE HAS SHAPED ...”

**meditatively** | characterized by or given to the state of meditation

FOUND INSIDE “FIVE KEYS TO COMMUNICATING ...”

**indignant** | feeling or showing anger or annoyance at what is perceived as unfair treatment

FOUND INSIDE “INTERPERSONAL COMMUNICATION FUN FACTS”

**linguist** | a person skilled in foreign languages

FOUND INSIDE “NONVERBAL COMMUNICATION ...”

**incongruent** | incompatible



## LANGUAGE

# How Language Has Shaped Our Brains ... and Our Lives

BY MARIA COHUT | *Medical News Today* | February 22, 2019

We are all born within a language, so to speak, and that typically becomes our mother tongue.

Along the way, we may pick up one or more extra languages, which bring with them the potential to unlock different cultures and experiences.

Language is a complex topic, interwoven with issues of identity, rhetoric, and art.

As author Jhumpa Lahiri notes meditatively in the novel *The Lowlands*, “Language, identity, place, home: these are all of a piece — just different elements of belonging and not-belonging.”

But when did our ancestors first develop spoken language, what are the brain’s “language centers,” and how does multilingualism impact our mental processes?

## What makes human language special?

When did spoken language first emerge as a tool of communication, and how is it different from the way in which other animals communicate?

Human language is quite a unique phenomenon in the animal kingdom. While other animals do have their own codes for communication — to indicate, for instance, the presence of danger, a willingness to mate, or the presence of food — such communications are typically “repetitive instrumental acts” that lack a formal structure of the kind that humans use when they utter sentences.

By contrast, human language has two distinctive characteristics. These are:

that it is “compositional,” meaning that it “allows speakers to express thoughts in sentences comprising subjects, verbs, and objects”

that it is “referential,” meaning that “speakers use it to exchange specific information with each other about people or objects and their locations or actions”

## Origins and Importance of Language

As *Homo sapiens*, we have the necessary biological tools to utter the complex constructions that constitute language, the vocal apparatus, and a brain structure complex and well-developed enough to create a varied vocabulary and strict sets of rules on how to use it.

Though it remains unclear at what point the ancestors of modern humans first started to develop spoken language, we know that our *Homo sapiens* predecessors emerged around 150,000–200,000 years ago.



Complex speech is likely at least as old as that.

It is also likely that possessing spoken language has helped our ancestors survive and thrive in the face of natural hardships.

Partly thanks to their ability to communicate complex ideas, humans can adapt at the cultural level, acquiring the knowledge and producing the tools, shelters, clothing, and other artefacts necessary for survival in diverse habitats.

## Language in the Brain

But where, exactly, is language located in the brain? Research has identified two primary “language centers,” which are both located on the left side of the brain.

These are Broca’s area, tasked with directing the processes that lead to speech utterance, and Wernicke’s area, whose main role is to “decode” speech.

If a person experienced a brain injury resulting in damage to one of these areas, it would impair their ability to speak and comprehend what is said.

However, additional research shows that learning more languages — and learning them well — has its own effect on the brain, boosting the size and activity of certain brain areas separate from the traditional “language centers.”

A study led by researchers from Lund University in Sweden found that committed language students experienced growth in the hippocampus, a brain region associated with learning and spatial navigation, as well as in parts of the cerebral cortex, or the outmost layer of the brain.

Moreover, a study previously covered by *Medical News Today* found evidence to suggest that the more languages we learn, especially during childhood, the easier our brains find it to process and retain new information. It seems that language-learning boosts brain cells’ potential to form new connections fast. ●

“Words mean more than what is set down on paper. It takes the human voice to infuse them with deeper meaning.”

MAYA ANGELOU //  
African-American  
poet and author

Edited  
for space

## PSYCHOLOGY

# Five Keys to Communicating During Conflict

BY CAROLINE SWEATT-ELDREDGE | *Psychology Today* | June 5, 2017

In our relationships, we often feel torn between loving our partners well or being good friends and standing up for ourselves. In our efforts to be heard and meet our needs, we can rely on communication strategies that hurt others and our relationships.

One of these harmful strategies, criticism, means bringing up a complaint you have in your relationship in such a way that you attack the other person's character, personality, or core sense of self. Often these attacks take a specific situation or mistake and turn it into a global character flaw. Frequently, criticism uses words like "always" or "never" to intensify a complaint. For example, the specific complaint, "You didn't take the trash out tonight," can become the criticism, "You are so forgetful and selfish — you never take out the trash when I ask!" Left unchecked, criticism can eventually become contempt. Contempt, expressed as sarcastic disdain, cruel joking, or general meanness and disrespect, is poison to relationships.

Why do we criticize others even though it is harmful to our relationships? Often, we become critical when we feel like we haven't been listened to or understood. Criticism is a way we crank up the volume so we will finally be heard instead of ignored — we think our criticism will really get the other person's attention. Unfortunately, this has the exact opposite effect: Research shows that utilizing criticism *sabotages* our being listened to by others. The reason is simple: When we perceive that we are being attacked, we move into defensive mode and prepare a counterattack. Rarely has criticism ever been received with a response of understanding, empathy, and rapid behavioral change. More often, our criticism is met with denial and defensiveness: "What do you mean I'm selfish? If I hadn't been so busy with all the odd jobs you give me around the house after I get home from a stressful day at work, maybe I could have remembered! You never appreciate me."

This never-ending cycle of criticism and defensiveness can keep us running in circles and make it difficult to resolve our problems. To move forward, we must find different ways of talking about our needs. This is a two-way street: Both the speaker and the listener have responsibility for the outcome of the conversation. However, reducing criticism can go a long way in helping us shift our trajectories toward more positive, productive conversations.

Here are several strategies you can utilize during conflict to help avoid criticizing:

## 1. Calm yourself before bringing up a complaint.

When we first discover something others have done that

hurts or annoys us, we can feel like a righteously indignant, fire-breathing dragon. While this is an understandable emotional response, it will not help you respectfully communicate your needs. Take a few deep breaths and think about what you want to say before approaching the conversation. If possible, try to remember a positive memory you have of the person or a trait you appreciate.

**2. Use I-statements.** An I-statement can help you more clearly express yourself while avoiding attacking the other person. Starting with "I feel" instead of "You are" focuses more on your feelings, experiences, and needs than what is wrong with this person, and can sidestep the criticism/defensiveness cycle. For instance, saying, "I feel hurt and not listened to when you forget to move the laundry," is a lot easier to receive than, "You never remember to do anything!"

**3. Keep it specific.** When you complain, talk about the specific incident in question as it occurs, and avoid bringing up past difficulties or global characterizations. Avoid using the words "always" and "never" as they make sweeping statements about the other person's character (and are easy to defend against besides). Keep your conversation focused specifically on what has just happened and don't time travel to all the other incidents that support your claim. By dealing with things as they occur, you can limit the intensity around the problem and take a gentler approach.

**4. Talk about what you need instead of what you don't.** When we communicate during conflict, we want to give others a clear path toward making things right. By stating what we need instead of only saying what went wrong, we provide a constructive solution to the issue at hand. For instance, instead of saying, "Don't you ever leave the laundry in the wash again!" try, "I need for you to double-check the wash on laundry days."

**5. Be kind!** Remember to treat the other person like you care about them. When we feel hurt or ignored, we can forget the things we value about others. This tunnel vision makes it easy to treat them poorly — even though we care about them deeply and don't want to hurt them. Think of how you would want them to treat you if you were the one who made the mistake, and act accordingly. This doesn't mean that you should ignore every problem or never voice concerns, but disrespect is never an okay (or helpful) strategy. ●

“Whatever words we utter should be chosen with care for people will hear them and be influenced by them for good or ill.”

BUDDHA //  
Indian  
Philosopher

# MATHEMATICS

# Sudoku

#215 PUZZLE NO. 4757858

5	6		8					9
		3		2	6		1	
								3
					9	5		
		8	5			1		
		4	3					
3						9		
6			2	1	4			
						8		4

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#216 PUZZLE NO. 6704941

				9	3		4	
	8		6				7	
	2		1					3
		1				3		
		3	5	2		4		
		6				7	5	
			4			6	1	
9			2	1				
		5		6				

©Sudoku.cool

## SUDOKU HOW-TO GUIDE

1. Each block, row, and column must contain the numbers 1–9.
2. Sudoku is a game of logic and reasoning, so you should not need to guess.
3. Don't repeat numbers within each block, row, or column.
4. Use the process of elimination to figure out the correct placement of numbers in each box.
5. The answers appear on the last page of this newsletter.

		3	9		1	
5		1			4	
9		7			5	
6		2	5	3	7	
			7			8
7			8		9	3
8		3		1		9
	9		2		6	
4				3		6

What the example will look like solved 

2	4	8	3	9	5	7	1	6
5	7	1	6	2	8	3	4	9
9	3	6	7	4	1	5	8	2
6	8	2	5	3	9	1	7	4
3	5	9	1	7	4	6	2	8
7	1	4	8	6	2	9	5	3
8	6	3	4	1	7	2	9	5
1	9	5	2	8	6	4	3	7
4	2	7	9	5	3	8	6	1



**“I believe in communication; books communicate ideas and make bridges between people.”**

**JEANETTE WINTERSON** // English writer



## DID YOU KNOW?

**Human speech** predates written language by tens of thousands of years. No one knows exactly how old spoken language is.

John Moschitta Jr. was the world's **fastest talker** for decades. Famous for his appearance on Micro Machines commercials, he could say 583 words a minute and form syllables five times faster than average speakers.

Dr. Nicholas Emler, a British psychologist, has argued that up to 80% of average conversations consist of **gossip**. He claims that gossiping is an essential part of our humanity.

An isolated city in Israel with a high rate of deafness created their own **sign language** as a way of communicating. Linguists have been studying the community for decades in the hopes of learning more about the fundamentals of human communication.

Source: [factretriever.com/talking-facts](http://factretriever.com/talking-facts)



## Idiom

## “A little bird told me”

**Meaning** Used to indicate that the speaker knows something but chooses to keep the identity of their informant secret.

**Origin** This metaphor has long been proverbial. The English playwright, John Heywood (1496–1758), wrote “By one byrd, that in myne eare was late chauntyng.”

It was then used at the end of *The Second Part of Henry the Fourth, Containing his Death*; and the *Coronation of King Henry the Fifth* by William Shakespeare.

“As farre as France. I heare a Bird so sing.”

There is a French equivalent phrase that translates to “my little finger told me” that was first used in 1605 in the diary of Louis XIII’s physician.

Source: <https://wordhistories.net/2017/10/24/little-bird-told-me/>

THE WORD *GLOSSOLALIA* REFERS TO THE SUDDEN ABILITY TO SPEAK IN A **PREVIOUSLY UNKNOWN LANGUAGE**. IT IS DESCRIBED AS A SPIRITUAL GIFT IN THE BIBLE.



MANY PHILOSOPHERS AND SCIENTISTS IN THE 17TH AND 18TH CENTURIES BELIEVED THAT SPOKEN LANGUAGE WAS THE CHIEF INDICATOR OF RATIONALITY. JOHN LOCKE, HEARING OF A BRAZILIAN PARROT WHO COULD SPEAK FRENCH, CONCLUDED THAT PERHAPS THERE WERE OTHER **RATIONAL ANIMALS** BESIDES US.



THE PROPER NAME FOR TALKING IN ONE’S SLEEP IS **SOMNILOQUY**.

## ART + CULTURE

## Communication

BY KATELIN MICHELLE

To write  
 To speak  
 To express  
 The communication that forms this mess  
 One voice that sparks a movement  
 One voice that seeks to prove it  
 To prove to you your strength  
 To speak with you at length  
 To share with you a story  
 Of deep sorrow and golden glory  
 To articulate these things unsaid  
 To express these thoughts buried deep in my head  
 I grasp for ears and words  
 Anyone to listen  
 Anyone who's heard

## WRITING PROMPT

In this poem, Katelin describes a time when their efforts at communication failed and also times when they felt heard. Think of a moment or two when you felt like what you were trying to communicate to someone else was misunderstood or a time when you felt like what you were trying to voice was heard or received. Use one or both of these examples as inspiration for a poem, short story, illustration, or creative non-fiction essay.

## Word Search

S	N	O	I	T	A	C	I	N	U	M	M	O	C
E	D	E	N	T	T	R	M	R	T	A	I	U	L
L	E	N	G	T	H	A	T	I	R	A	G	C	A
A	E	U	H	N	S	S	P	T	S	H	E	R	A
R	W	I	A	T	A	M	S	S	M	I	R	T	L
T	E	L	O	S	T	R	E	N	G	T	H	E	T
I	T	C	A	I	E	R	A	R	E	T	I	R	W
C	X	H	M	T	P	I	T	I	I	A	H	T	E
U	G	E	E	X	N	H	U	N	E	N	T	G	X
L	A	A	E	A	R	I	S	N	T	E	L	L	G
A	N	R	O	L	I	S	T	E	N	C	I	N	A
T	T	D	S	T	N	E	M	E	V	O	M	T	T
E	T	L	T	K	A	E	P	S	R	E	A	L	T
N	L	G	D	T	M	M	A	I	T	E	T	T	V

EXPRESS  
 LISTEN  
 MOVEMENT  
 SPEAK

COMMUNICATION  
 LENGTH  
 HEARD

WRITE  
 ARTICULATE  
 STRENGTH

## ANIMALS

# Fascinating Facts About How Animals Communicate

BY JR THORPE | *Bustle* | September 27, 2016

Can you talk to the animals? Yes, it's very Dr. Doolittle, but it's also a question of deep scientific interest: how do animals talk to one another, and can they be trained to talk to us? We're perpetually surprised by how complex animal communication can be; while they're usually not discussing higher mathematics, species have developed ways to subtly or overtly signal all kinds of things, from food location to mating, in some stunning ways. Animals can electrocute, wiggle, nod, send ultrasonic signals and do everything up to bursting into flames for the sake of proving a point. It's a very noisy world out there, and we're still only on the cusp of understanding it — and that doesn't even address how animals like dogs and horses communicate with humans.

## Horses Can Communicate With Humans About Their Body Temperature

A new study that's just emerged from Norway this month, published in the journal *Applied*

*Animal Behaviour Science*, proves that horses can be trained to communicate with their handlers about their body temperature, representing a new frontier in how we think about equine intelligence. That horses are eminently trainable is an old truth; the entire sport of dressage is based around making them do ridiculous things for humans. But the Norwegian scientists trained the horses to associate different signs on a board with different bodily temperatures (too hot or too chilly) that signalled their problem to their handlers, and found that the horses were very keen to communicate; once they had the ability to use the boards, they communicated with their handlers regularly about their bodily conditions and whether they needed another blanket. It's all very Mr. Ed.

## Dogs Can Understand Us As Well As Infants

You're not imagining it; your dog does actually understand what's being said to him. At least some of it, anyway. A fascinating study from 2012 adapted one of the ways in which we scientifically test the attention of infants to dogs, and found quite a lot of similarities. Scientists tend to use eye-tracking technology, following the direction of babies' gazes, to see what they like looking at (attractive faces, for instance).

In the 2012 study, researchers applied that technology to dogs, and found that they can "follow" human communication about as well as 6-month old babies, which can't speak but are gradually learning

language. The scientists showed untrained dogs two videos, one in which a woman said "Hi dog!" cheerfully to them in a "dog voice" (you know what voice I mean; that singsong one people use around animals) while maintaining eye contact, the other in which she said "Hi dog" in a flat voice while looking elsewhere.

After each greeting, the woman looked at a particular object. Dogs who'd been greeted enthusiastically, in a dog-friendly way, also looked at the object; they thought the human was addressing them and trying to show them something. If they hadn't been greeted in a dog-friendly way, they didn't pay the object much attention. The scientists think this ability to understand human speech when it's directed at them specifically is something we've evolutionarily selected in dogs, breeding them as domestic animals for their ability to comprehend commands. (What we're doing with cats is another matter entirely.)



## Bees Communicate Through Dancing

One of the most famous studies of animal communication in history dates to 1917, when the Austrian zoologist Karl von Frisch made the discovery that would found his career and win him a Nobel Prize in 1973: the fact that bees communicate through dancing. Frisch had set up an observation hive with a source of honey nearby, and found that when a bee discovered the honey, it returned to the hive and performed a dance while other bees touched its abdomen. They were then able to find their way to the honey source without needing to be shown. The bee dance, Frisch concluded, was a way of showing other bees where food lay, and his later studies found that the direction and speed of the dance were precise diagrams or maps, using the location of the sun.

It was an astonishing discovery, but the knowledge of bee's communicative properties and how they do them isn't actually new. A manual for beekeeping in 1623 warned that an injured bee's "ranke smell" would mean that other bees became irate and likely to sting. And the dance itself, which Frisch was the first to explain, was actually recorded by Aristotle in his observations of bee behavior, though without a clear idea of why. ●

✎ Edited for space and clarity

## COMMUNICATION

# Nonverbal Communication

FROM GOODTHERAPY.ORG

Nonverbal communication is the act of conveying a thought, feeling, or idea through physical gestures, posture, and facial expressions. A study conducted at UCLA found a majority of communication to be nonverbal, although the study's exact statistics—which showed only 7% of any message to be relayed through words, 38% through vocal elements such as tone, and 55% through nonverbal elements such as posture and gesture—are often disputed.



## Understanding Nonverbal Communication

Nonverbal communication plays a significant role in our lives, as it can improve a person's ability to relate, engage, and establish meaningful interactions in everyday life. A better understanding of this type of communication may lead people to develop stronger relationships with others. Often referred to as body language, nonverbal communication can take many forms and may be interpreted in multiple ways by different people, especially across cultures. Even a lack of such nonverbal cues can be meaningful and, in itself, a form of nonverbal communication.

Each movement and combination of movements of the body—such as shifts in posture, direction of the eyes, gestures of the limbs, and expressions on the face—provide signals to others. These cues may be subtle or obvious, and they can be contradictory: A person might say one thing while body language conveys an entirely different message.

## Types of Nonverbal Communication

Forms of nonverbal communication are many and varied and can provide extensive insight into a person's thoughts and/or feelings. Forms of nonverbal communication can be categorized to better understand their place in everyday interactions:

**Gestures** include motion of the head or limbs.

**Body movements** may include any motion of the body.

**Facial expressions** refer to any movement and changes of the facial composition.

Nonverbal communication is often used in conjunction with verbal communication to repeat, emphasize, support, or contradict a verbal message, or to serve in the place of a verbal message.

## Role of Nonverbal Communication in Relationships

An individual's nonverbal cues might be more easily read by a close friend, partner, or family member. In close relationships, this deeper understanding on a nonverbal level might facilitate greater closeness and strengthen bonds, especially when it complements what is actually being said by a friend or by one partner in a relationship.

However, when something does not feel right, it may be more difficult for people to hide things from those they are close to, and attempts to do so may lead to miscommunication or conflict in the relationship. Because nonverbal communication is often unconscious, the way individuals communicate nonverbally may provide the first indication of an underlying issue not readily apparent in the relationship.

## Tips for Nonverbal Communication

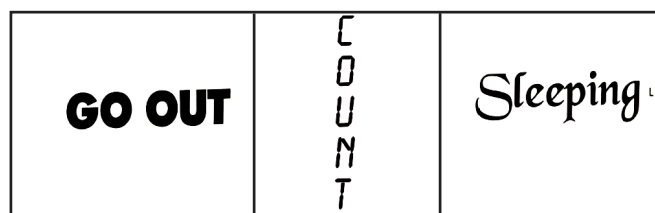
A person's mindfulness may help increase understanding of personal nonverbal communication as well as the communication styles of others. Bringing oneself to the present and attending to facial expressions or posture can enhance self-awareness and may help one communicate more effectively with others. For example, while talking, a person might actively think about gestures and body movement while taking into account the other person's reaction to these aspects of communication.

Stress also plays an important role in nonverbal communication. Individuals who are stressed tend to misread people more easily and may send out verbal signals that confuse others. Managing stress well

“When there is pain, there are no words. All pain is the same.”

TONI MORRISON //  
American novelist,  
essayist and  
academic

**WORD PLAY** A Rebus puzzle is a picture representation of a common word or phrase. How the letters/images appear within each box will give you clues to the answer! For example, if you saw the letters “LOOK ULEAP,” you could guess that the phrase is “Look before you leap.” *Answers are on the last page!*





can improve verbal communication and relationships. Maintaining an awareness of one's emotions and those of others is also important in recognizing and understanding another person's nonverbal cues.

People who feel often misunderstood or distanced from others may find it helpful to ask a close friend or loved one how they come across when communicating. When nonverbal communication is often incongruent with spoken words, others may not be sure of intentions and may find it difficult to have faith in what a person is saying. An individual may also nonverbally convey a particular emotion others find off-putting, such as a sense of judgment or aggression. This may not come across in

the individual's spoken words, and individuals may be unaware of the message being sent by the nonverbal cues. Therefore, assessing the reactions of others and opening lines of communication can provide insight into ways to better align verbal and nonverbal communication. ●

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**“Truthful words are not beautiful; beautiful words are not truthful. Good words are not persuasive; persuasive words are not good.”**

NATHANIEL HAWTHORNE // American novelist

✎ Edited  
for space

## RANDOM-NEST

### Some Elements of Communication

BY AMANDA BRINEY | INFORMATION TAKEN FROM THOUGHTCO | 2020

#### 1. Sender

The sender is the person who is trying to communicate a message.

Unfortunately, in the transference of information, the other person(s) may not understand the message the way the sender intended. In fact, it is not uncommon for the other person(s) to respond in some affirmative manner communicating the message was received. This does not mean the message was understood the way the sender intended.

#### 2. Receiver

The receiver is the recipient of the message and must translate the words into thoughts, process the thoughts, and determine how to respond to the sender.

The challenge is that since the receiver's education and experience may be very different from the sender, words often have different meanings.

#### 3. Message

While you may carefully choose the words to speak, words alone represent a small percentage of what is received by the other person. In fact, according to the literature, words carry the least value in the message.

#### 4. Noise

Noise refers to interference that takes place during the communication process.

Both the sender and receiver may be distracted by noise. Noise may come from internal (thoughts, emotions, etc.) or external sources (radios, other conversations, etc.).

#### 5. Feedback

Feedback is the process of determining if the message has been properly received. This can be initiated by the sender or receiver. The sender, for example, may ask the receiver to repeat the message to confirm that the message was received as intended. On the other hand, a good listener will provide feedback to confirm that he/she correctly received the message.

Two things occur when feedback is provided. First, it helps ensure the message was clearly received. Second, it is a way of valuing the sender. When the receiver takes the time to make sure the message was correctly heard and understood it communicates that the sender is important ... valuable.

#### 6. Context

Context is another way of taking into consideration the setting. Examples of context include:

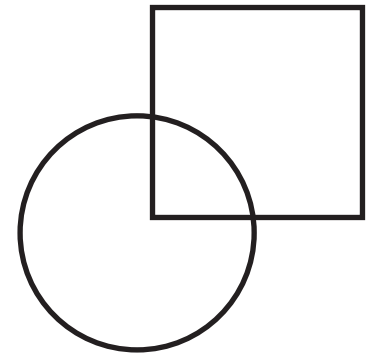
► What is going through the other person's mind when you show up?  
Did they just have a blow-up with an employee or customer?

► What is the environment like? Is it noisy?  
Are there customers standing around?

► What was the nature of the last contact and how did that go?

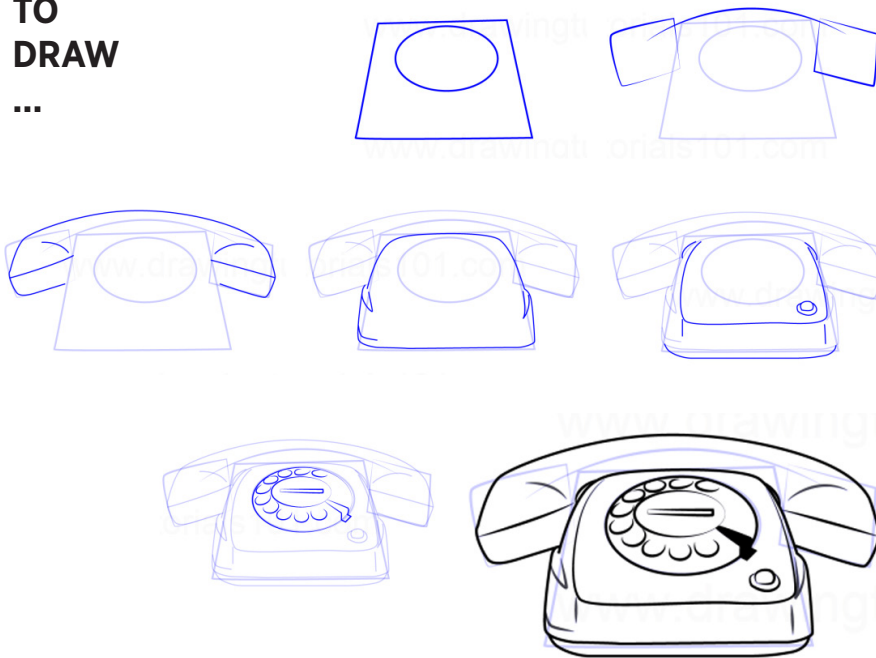
► What cultural factors should be considered?

► Are there notes or helpful information from the person who took the initial call?



## HOW TO DRAW

...



drawingtutorials101.com



## WORDS OF ENCOURAGEMENT

Despite the fact that each of us communicate in hundreds of ways, communication (or lack thereof) can be one of the largest points of conflict in our relationships with others. We hope that in learning more about communication, and about how to communicate with others, you can see that communication does not need to feel like the impossible puzzle it sometimes appears to be. Think of others as you think of yourself when you approach communication. Of course, you want to be understood and respected. You want others to see your point of view, and to see why you believe in the things that you do. Everyone you meet, and everyone you know, shares these goals. We all want to be understood. By approaching conversation and interaction with this in mind, we can have more positive, informative, and compassionate interactions. As humans, connections to others bring us joy and purpose. We can promote a sense of joy in purpose in both ourselves and others through the way we choose to communicate. Communication will not ever exist without conflict or without misunderstanding, but when we practice empathy, try our best to understand, and communicate with our best intentions, we can find greater happiness in our interactions with others. We are hopeful that you will find your own way to develop happy, healthy, relationships with others and that you enjoyed this edition of *The Warbler*.

*Brianna, Emily, and Parsons and the APAEP Team*



1061 Beard-Eaves Memorial Coliseum // Auburn University, AL 36849

“Words — so innocent and powerless as they are, as standing in a dictionary, how potent for good and evil they become in the hands of one who knows how to combine them.”

NATHANIEL HAWTHORNE // American novelist

## Answers

SUDOKU #215

5	6	1	8	4	3	2	7	9
8	9	3	7	2	6	4	1	5
4	7	2	1	9	5	6	8	3
7	1	6	4	8	9	5	3	2
9	3	8	5	7	2	1	4	6
2	5	4	3	6	1	7	9	8
3	4	7	6	5	8	9	2	1
6	8	9	2	1	4	3	5	7
1	2	5	9	3	7	8	6	4

SUDOKU #216

1	5	7	8	9	3	2	4	6
3	8	9	6	4	2	1	7	5
6	2	4	1	7	5	9	8	3
5	9	1	7	8	4	3	6	2
8	7	3	5	2	6	4	9	1
2	4	6	9	3	1	7	5	8
7	3	2	4	5	8	6	1	9
9	6	8	2	1	7	5	3	4
4	1	5	3	6	9	8	2	7



## Rebus Puzzle

Page 8

1. Go without
2. Countdown
3. Sleeping at the wheel

Send ideas and comments to:

**APAEP**  
1061 Beard-Eaves  
Memorial Coliseum  
Auburn University, AL 36849

UNTIL NEXT TIME !